

# Family Life Education Program Hill AFB Family Support Center Building 308N

## February 2004



### Single Parent's Group

**Wednesday, 4 February, 1130-1230**

Attend and meet other single parents with similar interests and concerns. Group plans a monthly fun activity. Open to military and civilian single parents affiliated with Hill AFB who want resources for single parenting.



### Adoptions

**Wednesday, 11 February, 1130-1230**

Learn the basics involving adoption from two experts! When planning to adopt, it can be difficult not knowing where to begin the process. Guest speakers will provide information and answer your questions.

### Why Are Women So Tired?

**Monday, 23 February, 1130-1230**

FSC staff members teach this fun class! If you are feeling stressed and worn out most of the time, this class is for you! Tips will be given on how to cope with the everyday hassles of a busy life. Perhaps you are experiencing an "energy crisis" from being over-scheduled and over-worked. Instructors will discuss the emotional and psychological aspects of being tired and exercise and nutrition. Is one hour of your time worth the effort to attend the class?

### "How To Control Your Anger Before It Controls You"

**Wednesday, 25 February, 1130-1130**

Is your anger "too hot to handle"? If so, this class is for you! Stress solutions will be given for times when life gets difficult! Management for your stress will be made easy. Attend and learn the "elastic band technique" - very effective for controlling your anger trigger. Therapists have labeled anger as an "uncontrolled emotion" and this class will help you to get control again. Back by popular demand!



**Call the Family Life Educator at 775-6837 to schedule appointments for marriage assessment and referral for resources according to needs.**

**Videos about parenting and marriage are also available for loan.**

**To sign up for workshops, please call 777-4681.**